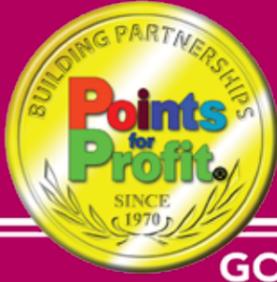


# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

APRIL 2023 • FREE



PEOPLE'S CHOICE 2023 Sky On Fire by Camron Settlemier

## Albany Photography Contest Winners Announced

The Albany Visitors Association (AVA) is excited to announce the winners of our 16th Annual Photography Contest. These are just some of the more than 100 photos entered this year that the AVA uses in the official Albany Visitors Guide, AVA social media, and online calendar, so keep an eye out for other fun and beautiful photos.

Prizes this year included certificates and gift cards for: Champion, Reserve Champion, People's Choice, Student, and 1st, 2nd, and 3rd place winners in six categories.

All photos in this year's photo contest can be viewed on the Pix Theatre screen prior to the feature film and at [albanyvisitors.com](http://albanyvisitors.com).

The winners of the 16th Annual Albany Visitors Association Photography Contest are:

- Champion – "Albany Clock Tower," by Brenda Autry
- Reserve Champion – "Autumn Waterfall, Talking Water Gardens," by Pavla Zakova-Laney
- People's Choice – "Sky On Fire," by Camron Settlemier
- Student – "Bryant Park Train Bridge," by Liv Kottre

### Culinary:

- 1st Place – "Fruit Tart, LBCC Culinary Arts," by Brenda Autry
- 2nd Place – "Ice Cream at the Carousel," by Melinda Martin

### Events:

- 1st Place – "Albany Veterans Day Parade Motorcycles,"

by Donna Short

- 2nd Place – "Growler Garage Antiques in the Street," by Brenda Autry
- 3rd Place – "Car Show, Timber-Linn Park," by Dave Maestas

### Historic Albany:

- 1st Place – "Second Empire Snow," by Camron Settlemier
- 2nd Place – "Pink Dogwood," by Melinda Martin
- 3rd Place – "Dutch Colonial Snow," by Camron Settlemier

### Landmarks:

- 1st Place – "Gothic Sunset," by Camron Settlemier
- 2nd Place – "Christmas at Holley Church," by Donna Short
- 3rd Place – "Weddle Bridge," by Dave Maestas

### People:

- 1st Place – "Short Covered Bridge," by Donna Short
- 2nd Place – "Reminisce, Lebanon," by Camron Settlemier
- 3rd Place – "Stroll in Talking Water Gardens," by Pavla Zakova-Laney

### Scenic:

- 1st Place – "Poppies on Elm St.," by Melinda Martin
- 2nd Place – "Short Bridge," by Brenda Autry
- 3rd Place – "Harvest Time Steam, Linn County," by Camron Settlemier



CHAMPION 2023 Albany Clock Tower by Brenda Autry



RESERVE CHAMPION 2023 Autumn Waterfall Talking Water Gardens by Pavla Zakova-Laney



## Welcome Spring

### ALBANY VISITORS ASSOCIATION

With spring in full swing, get ready to enjoy the growing bounty of produce and other items, as well as some new vendors, at the Albany Farmers' Market, which opens Saturday, April 15.

The market, said to be the longest continuously operating open-air market in Oregon, is set in the City Hall parking lot along Ellsworth Street and spills into adjacent 4th Avenue and will be open 9 a.m. to 1 p.m. each Saturday until mid-November.

Albany's market is part of the Corvallis-Albany Farmers' Markets, a farmer-led nonprofit that operates outdoor farmers' markets in Corvallis and Albany and promotes dozens of farm-direct marketers in six counties: Benton, Linn, Lincoln, Lane, Marion, and Polk. Prior to opening day, the market will have an updated web page at [locallygrown.org](http://locallygrown.org), which will have enhanced searchable information on vendors and products. Hop online and check it out.

Patrons can expect to find seasonal fruits and vegetables as well as locally grown organic meats, flowers, eggs, herbs, and many other options. One vendor, South Hill Farm, plans to offer an unusual product: Japanese Black Wagyu beef, a highly marbled Japanese beef the owners say is "98 percent purebred."

In addition to fresh foods and local produce, organizations promoting sustainable living, composting, and recycling education and live entertainment can be found at the market.

### SOME OF THE ACTIVITY AT THIS YEAR'S MARKET INCLUDE:

- April 15: The Sick Town Derby Dames will make a public appearance, skating in the open area along 4th Avenue.
- April 22: Republic Services will be on hand to give away compost.
- April 29: OSU Pharmacy representatives will be on hand for health testing and education.
- May 27: Fox's Country Garden and Linn County Master Gardeners will offer flower planting with kids. They'll repeat the event with succulents on July 29.

In addition, as part of the Power of Produce Club (PoP) offerings, the Albany Public Library will be holding some scavenger hunts for kids. Food Hero also will be there on some PoP dates.

The PoP program, offering fresh fruit and produce to kids ages 5 to 12, begins June 17.

Welcome Spring continued on page 2

Welcome Spring continued from page 1

The Albany Farmers' Market is part of the Mid-Willamette Valley Food Trail. In communities across Oregon, food lovers have plotted these trails to introduce visitors to the food and drink of their regions. These self-guided food trails showcase the freshest local offerings of farmers, fishers, brewers, and chefs around the state.

Other Food Trails currently available are North Coast, South Willamette Valley, East Gorge, Wild Rivers Coast. Great Oaks and The Great Umpqua.

For more about the Food Trails, visit <https://traveloregon.com/things-to-do/eat-drink/oregon-food-trails/>

If you want to expand your farmers' market horizon, visit Midway Farms, 6980 NW Highway 20, another Food Trail member that is open daily 10 a.m. to 6 p.m. and is the only dedicated gluten-free farm in the state. Midway offers a delightful assortment of fresh fruits and vegetables along with homemade jams, salsa, pickles, gluten-free baked goods, and more.



# Good Times



## Fun Events for April 2023

April showers bring May flowers! At least, that's what the old wives' tale tells us. Spring is here, even though it might not feel like it.

- **FARMERS' MARKET**
  - ALBANY - STARTS APRIL 15TH, SAT 9:00AM-1:00PM, CITY HALL PARKING LOT, [HTTPS://LOCALLYGROWN.ORG/HOME/](https://locallygrown.org/home/)
  - CORVALLIS - STARTS APRIL 15TH, SAT AND WED 9:00AM-1:00PM, FIRST ST. DOWNTOWN, [HTTPS://LOCALLYGROWN.ORG/HOME/](https://locallygrown.org/home/)
- **APRIL IS CHILD ABUSE AWARENESS MONTH.** Family Tree Relief Nursery's Diaper Drive is April 1 through 30. American Legion Post 10, 1215 SE Pacific Blvd., Albany, is a drop-off location- Monday through Friday 9 am to 2 pm, Saturday 9 am to 11:30 am and Sunday from 10 am to 3 pm. ALL SIZES NEEDED – preemie through large Pull-Ups.
- **LEBANON SOUP KITCHEN** - Serving meals every Monday, Wednesday, and Friday 4:30-5:30pm at 170 E Grant St, Lebanon, OR 97355. For more information, call (541) 451-7667.
- **PEACEFUL HEART MEDITATION CLASS** - Mondays 4:00-5:00pm, Silverton Senior Center. Yoga breathing, kirtan, and yoga philosophy. No experience required. Everyone is welcome. Refreshments are served. No charge. [peacefulheartkirtan@gmail.com](mailto:peacefulheartkirtan@gmail.com)
- **BOW WOW BINGO** - 1st Wednesday of the month. Join SafeHaven Humane Society from 6:00-8:00pm at Schmizza Public House in Lebanon for a night of dinner, drinks, and Bingo. Funds raised benefit the shelter dogs.
- **PEACEFUL HEART MEDITATION CLASS** - Saturdays 2:00-3:00pm, Silverton Community Center. Yoga breathing, kirtan, and yoga philosophy. No experience required. Everyone is welcome. Refreshments are served. No charge. [peacefulheartkirtan@gmail.com](mailto:peacefulheartkirtan@gmail.com)
- **HATFIELD MARINE SCIENCE DAY 2023** - April 8th 10:00am-4:00pm, returning as an in-person event

this year! Please join us for this FREE science fair and open house featuring the researchers and programs based at Hatfield Marine Science Center. This event includes behind-the-scenes tours, hands-on activities, exhibits, and a chance to talk to researchers. Marine Science Day is ideal for families, lifelong learners, and students. Everyone is welcome to this FREE and engaging event. More details at <https://hmsc.oregonstate.edu/marine-science-day>

- **THE GREAT JUNK HUNT** - April 14-15, the thrill of the hunt... the joy of the find! You'll not only find some amazing vintage items, home décor, and more, but best of all- you'll have a whole lot of fun along the way! Join us and shop two huge buildings with over 75K sq. ft. full of the freshest junk around. The Great Junk Hunt is a roundup of curated vendors selling their best goods, plus no party is complete without cocktails, live music, and aisles of junkin' treasure. Shoppers walk away with items they can't find anywhere else. Discover farmhouse, industrial, vintage, re-purposed, handmade, and much more. See <https://www.thegreatjunkhunt.com/markets/salem-or-vintage-market> for ticketing information.
- **RASANI FAIR** - April 15 & 16, 10:00am-5:00pm. Fill your heart and feed your soul at Oregon's LARGEST Body Mind Spirit Expo at the Linn County Expo Center (Santiam Building) in Albany, OR! Featuring 20 FREE presentations and 100+ independent alternative holistic practitioners and exhibitors to enhance your personal journey. We're also proud to support our local community through our "Heal the Earth Raffle," benefiting Family Tree Relief Nursery. Family Tree Relief Nursery is a local non-profit organization serving Linn County and focused on helping grow happy, healthy, and strong families.

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: [info@pointsofarprofit.org](mailto:info@pointsofarprofit.org)

## Happy Easter!

High Points is a monthly publication with 10,000 copies distributed in Linn, Benton, Marion, Polk and Lane counties. This tabloid is about good news in the community so we need to hear from you! Contact us with your stories or if you'd like to advertise.

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Advertising Sales Team ..... Lauralee Beck  
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Staff Writers ..... Lauralee Beck  
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InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.

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## Explore Albany

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Get ready for local, fresh produce and fun. The Albany Farmers' Market opens Saturday, April 15 in Historic Downtown Albany. 9 a.m. to 1 p.m. Saturdays through Nov. 18, 2023 on 4th and Ellsworth next to Albany City Hall. Shop locally all year long at Midway Farm, 6980 NW Hwy 20. Open daily from 10 a.m. to 6 p.m.



Plan your day or weekend getaway at [AlbanyVisitors.com](http://AlbanyVisitors.com)

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## Headaches & Chiropractic, Part 1

### WHAT PUTS THE "ACHE" IN THE HEADACHE?

Headaches are one of the most common health complaints; after all, almost everybody has experienced a headache in their lives. It is estimated that for about 20% of us that are under a "stress overload," the headaches are chronic and recurrent.

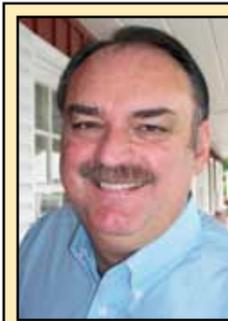
### WHAT CAUSES HEADACHES?

For the most part, headaches are a result of a biochemical stress (such as caffeine withdrawal), psychological stress (such as being too self-critical), or a physical stress (like muscle tension) that the body has been unable to properly adapt to. Surprisingly, a headache is not a brain ache. The pain of sensitive structures of the head is the culprits.

### ARE HEADACHES A NORMAL PART OF LIFE?

Because headaches are so common, many people believe that getting a headache is a normal part of life. Often while doing a case history and asking about headaches, we hear patients say, "Oh, I just get ordinary morning headaches." Ordinary? Headaches are

usually a sign that something is wrong. But what do most people do when they have a headache? They take pills. Americans spend more than \$2.5 BILLION on



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aspirin, ibuprofen, and acetaminophen every year. These drugs, apart from their many side effects, treat the symptoms while ignoring the cause of the headache.

While stress, certain foods, and alcohol may be culprits, a frequent

and overlooked cause of headaches may be the misalignment and malfunction of spinal

bones and nerves in the upper neck. What does a bone out of place have to do with headaches? When spinal nerves and associated structures are compressed, stretched, or otherwise irritated, they can produce abnormal body function with headaches, a common effect of that abnormal, stress induced state. While over the counter drugs may cover up these warning signs that the body is malfunctioning, they do nothing to correct the underlying cause of the headache or the associated bodily malfunction. Neither stress nor headaches are caused by having too little aspirin in your blood.

Watch for part two in the May issue of HighPoints.

## What about the Children?

BY RHEA GRAHAM

When your child is struggling and needs help to self-regulate, you seek help from your doctor. You want to trust that the doctor knows best and would not intentionally prescribe a poison to your child. However, there are times it is a poison, and one such example recently came to light. A five-year-old was ejected from his new preschool on his 2nd day and told to never come back. He was taking his prescribed dose of guanfacine. The words and language he used were things you don't want to hear adults yelling, let alone a five-year-old. He was also kicking and destroyed the walls.

Knowing that something needed to change, his family tried a home remedy and he was like a different person. His grandmother would tell you that, "It was as if he was possessed by a demon," while on those pills for a few days; yet when he was on an all-natural remedy, he was the nicest, happiest little boy in town. He was able to focus and willingly completed tasks. He functioned as a normal little boy. During the day his behavior was clearly improved, and he even slept well at night.

Upon follow-up with the pediatrician to have the medical marijuana card signed, the doctor stated he didn't believe there was enough research done on cannabis use in children, so he instead insisted the patient try clonidine. Are you familiar? It's primarily used for treating high blood

pressure, but also used for ADHD. While it has been studied in a small group of children, none were under the age of six. So even with no studies and not being FDA-approved for insomnia in five-year-olds, the doctor prescribed it! We are in strange times when pharmaceuticals with very minimal studies are being prescribed and pushed on our children, while natural remedies with thousands of years of documented

research are being ignored and dismissed even when they are shown to help. You as a parent have a choice. Research the side effects of pharmaceuticals, research the side effect of the natural remedies. Knowledge is power.

We each have a choice of whether to stay silent and allow those who are currently speaking loudly to decide how we and our children's lives are ran, or to speak out. You have a choice. You can share your success story. This is not a time that the silent majority will win. If we stay silent, we risk our options going away. There are those currently studying cannabis as medicine; choose to support them. You can make a difference in your life, your family, a child's, and a pet's life also. Share your success stories with everyone who will listen. We at Albany's Canna Kitchen and Research will continue to share success stories. We will continue to research and show how cannabis is medicine.



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## Ramblings from the Kitchen of Karen Rogers

### Abundant Coconut Cream Pie

Coconut cream pie is a real thing of beauty- creamy filling, coconut, whipped cream, and crisp pie crust. Heavenly!!!

I do not like pies that skimp on the filling, so this makes one righteous pie.

Blind bake one 9-inch pie shell from your favorite recipe. (Purchase one only as a last resort!)

Let cool on rack.

Separate 6 large eggs and place the yolks in a large bowl, and beat lightly with a whisk, reserving the whites for another use.

Pour 4 C milk into a large glass measuring cup and add 1 tsp vanilla and ½ tsp coconut flavor.

In a large saucepan, mix ½ tsp salt, 3 ½ tbsp cornstarch and 2 tbsp flour. Mix until well blended. Measure 1 C sugar or Splenda, an if using Splenda, do not add until after the milk is added. Mix the sugar in the pan and slowly add the milk, stirring carefully so no

lumps form. If using the sweetener, add it now. Cook over medium heat until the mixture thickens and boils, stirring constantly. Remove from the heat and pour about half over the egg

yolks, whisking quickly until combined and smooth. Return the yolk mix to the sauce pan and stir for about a minute. Stir in ¾-1 C flaked coconut and pour into the shell. Immediately press a piece of plastic wrap onto the surface to prevent a thick "skin" from forming. Chill

completely. Serve with real, sweetened whipped cream and top with toasted coconut.

By omitting the coconut and coconut flavoring, you can make a banana cream pie by placing sliced bananas in the bottom of the crust.

No thin, pitiful store-bought or frozen pie can hold a candle to this fine, abundantly filled pie!



### April Word Search by Rolie the Puzzlemaster

N X Y I Q Y O B M J Y S N E W I D  
 Q N B P Y T L X Q S I R O Z M S L  
 C G Y N T A X L M E L O I C Z X M  
 J B O O N L A C E L L O H S C O F  
 T W M K L M D T L D R D S Z V R P  
 F A E C H F D J Z N Q H U L A I P  
 N T G T E A P O T A G C C J S G A  
 A Z H M T C L B M C P N Q I E S L  
 S R T S E H C E P O H E M O E E M  
 P U H A U K J T X D L R D L C P T  
 Y H N P M A L R O O L F S N H A R  
 U G O K B E N C H A D O K V A C E  
 Y S J T J O U R N A L F O L I S E  
 U G Z A O U F W H D C Z O V R D E  
 J N N F B K T K Q G G K B I M N E  
 L X E O Z T Y P I L L O W S H A B  
 U L A S H D S C U R T A I N S L P

- |          |              |           |
|----------|--------------|-----------|
| BENCH    | FLOOR LAMP   | PALM TREE |
| BLANKET  | FRENCH DOORS | PHOTO     |
| BOOKS    | HOPE CHEST   | PILLOWS   |
| CANDLES  | JOURNAL      | SOFA      |
| CHAIR    | LACE         | TEAPOT    |
| CURTAINS | LANDSCAPES   | VASE      |
| CUSHION  | OTTOMAN      |           |

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**POINTS FOR PROFIT MEETING is April 25, 2023** in person at American Legion Post 10 in Albany. Meetings start promptly at 6pm. Public always welcomed. RSVP required to attend. Email [info@pointsforprofit.org](mailto:info@pointsforprofit.org) to reserve your spot.

## Welcome to Grocery Outlet

At Grocery Outlet, we love brands. Like, really love them. That's why we work so hard every day to bring our customers the brands they love at prices that are nothing short of pure bliss. In fact, we've been helping customers save big since 1946. That's when our founder Jim Read opened his very first store, selling military surplus at deep discount prices.

The rest, as they say, is history. And today, the third generation of the Read family is leading the way, with over 400 stores across the nation and more than 1.5 million shoppers hitting the aisles each week. That makes Grocery Outlet the nation's largest extreme value retailer. A feat we're more than proud of.

How do we do it? With the help of our brilliant buyers who shop the world, travelling thousands of miles each year to find the most thrilling deals on brand name groceries. Whether it's through packaging changes, surplus inventory, or product overruns, our buyers source it all – everything from fresh meat and produce to our natural and organic NOSH items to the WOW deals we can hardly believe ourselves.

And, of course, we wouldn't be anywhere without the hundreds of local families who own and operate their own Grocery Outlet stores, allowing us to deliver superior customer service personalized to each of the local communities we serve. So come in and see for yourself. It might seem like a dream, but we guarantee the savings couldn't be more real.



### OMMP Doctor's Clinic



April 4 & 15  
May 2, 20 & 25

Call 541-981-2620 to get the needed paperwork started, appointments are required. Doctor fee does not include the state fee.

\$50 deposit required, balance of doctor fee due at the appointment time. Changes and cancellations need to be made three(3) business days in advance to avoid loss of deposit.

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- American Legion Post 10
- Compassion Ministries
- Furniture Share
- K-9 for Kira
- L.A.F.T.A.
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
- PURR
- Safe Haven Humane Society
- St. Edward's Youth
- UpLifting Josh
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

# Local Radio Survives and Thrives

Long-time Points For Profit sponsor Eads Broadcasting Corporation is based right here in the Mid-Willamette Valley and operates something a little rare these days....locally-owned and managed radio stations.

Oregon corporation Eads Broadcasting was established in 1981 with the purchase of KGAL Radio by the Eads family. Owners Charlie and Mary Eads are involved every day in the operation together with a dedicated staff including Office Manager Susie Dowding who has been on board since the beginning. Charlie Eads started with KGAL and the previous owner in 1978. Eads Broadcasting has been named Business of the Year by both the Albany and Lebanon Chambers of Commerce and Charlie Eads was named Broadcaster of the Year by the Oregon Association of Broadcasters.

KGAL first went on the air in 1950 and had several owners over the years. Eads added an FM which was sold after a couple of years and it was moved to Eugene. A second AM was added locally in 1991 and a shuffle took place. AM 920 became KSHO and the KGAL call letters were moved to the new station at AM 1580. A streaming station "The Action Stream" at [www.willamettevalleysports.com](http://www.willamettevalleysports.com) and [www.southalbanysports.com](http://www.southalbanysports.com) was added in 2013

with a format of Sports Talk and South Albany High School sports. In 2018 KSHO FM went on the air at 94.1 on the dial with the same programming as KSHO AM. So, with the streams and the broadcast

stations that brought the total number of stations to six.

KGAL is the Mid-Valley's fist News/Talk/Sports radio station. In addition to CBS Network at the top of most hours and local news and weather, KGAL presents the best of nationally syndicated programs including Dan Bongino, Michael Medved, Joe Pags and Rich Valdes. Other special programming includes "Our American Stories" and high school and Seattle Seahawks football. Weekend programming includes

home improvement, computers and technology, pets, firearms, Veteran's features and travel. There's even barbecue! KGAL streams at [www.kgal.com](http://www.kgal.com) plus smartphone apps.

KSHO is new music, classics, a few oldies, a bit of country and some surprises....a great mix of adult hits. They call it "The Best Music" and a fast-growing audience agrees. There's no other radio station like it and it's right in the center of the AM dial and on FM as well. KSHO streams at [www.ksho.net](http://www.ksho.net) plus smartphone apps.



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## Prevent Pet Poisoning

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It is spring cleaning time, and some cleaners can be very toxic to pets. Make sure to use products that are labeled as pet safe. There are carpet cleaners that can be very toxic. A powdered carpet cleaner may have been responsible for the recent death of a cat and bird last month in Lakewood Washington. When using household cleaners, make sure to use them with good ventilation with animals in a far-off room that is also ventilated with open windows or consider boarding until cleaning is complete. Birds are especially sensitive to aerosols. Household cleaners, particularly bathroom cleaners, may contain a variety of chemicals such as ammonia, chlorine, formaldehydes, and phenols (like carbolic acid, hydroxybenzene and oxybenzene). For some reason, there are some cats that like the taste of bleach and will drink it if allowed access. Cleaning agents with these chemicals should be avoided or used with extreme caution. Cats are also extremely sensitive to pine oils found in products like Pine-Sol. If you are concerned your pet may have ingested one of these products, the most common sign is profuse salivation, especially in cats.

If you are cleaning your pet's toys beds and bowls, make sure to use pet safe products. Avoid scented detergents and fabric softeners when cleaning beds or pet sweaters.

Lawn products like fertilizers are

often ingested by dogs. If they ingest enough fertilizer, serious cases of vomiting, diarrhea and even obstruction can result. When spraying weed and insect killers, please follow instructions carefully. Cats and dogs can become poisoned by walking on surfaces recently treated when they groom their feet afterwards.

A garden product all dog and cat owners should know about (especially dog owners, as they are the ones that most commonly ingest it) is Metaldehyde. This is an active ingredient found in most slug baits. This can easily kill a dog if they ingest enough of it. Symptoms include violent muscle tremors and, in severe cases, seizures that can be difficult to control. Please use pet friendly slug baits that contain iron phosphate as the active ingredient instead. Also make sure to keep your dog out of the mulch pile where they can ingest molds that can cause them to have serious tremors, not to mention the various other stuff in a mulch pile that can cause all kinds of gastrointestinal upset including pancreatitis.

Springtime is also Lilly season, and these plants are highly toxic to cats. Just a small amount can cause kidney failure in cats. Sago palm is becoming increasingly popular as both an indoor and outdoor plant and is very harmful to a dog's liver when the leaves are ingested.

Hopefully this information will help you to keep your pets safe while we enjoy this wonderful spring weather.

## Paranoia in the Elderly

When an elderly loved one develops paranoia, it can be alarming for everyone. Paranoia can cause seniors to experience chronic fear, frustration, anxiety, and loneliness.

Don't dismiss this condition as a natural part of aging. Consult a medical professional who will determine the cause of the issue and possible treatments. If paranoia goes unaddressed, symptoms may intensify and lead to more disturbing behaviors and actions.

### WHAT IS PARANOIA?

Paranoia is a mental state that causes a person to consistently—and irrationally—feel threatened, worried, or fearful. Examples of paranoia in the elderly include:

- Thinking someone is talking behind their back or is "out to get them"
- Feeling they are being overly mistreated
- Worrying someone is going to steal their money or possessions
- Fearing family members no longer love them because they don't visit as often
- Becoming suspicious, distrustful, or jealous of others
- Hearing strange (non-threatening) noises that cause immense fear

### WHAT CONDITIONS ARE RELATED TO PARANOIA?

Some seniors experience delusions,

which are false viewpoints a person steadfastly believes even though factual evidence proves the contrary. For example, they may think a neighbor stole their watch even after repeated attempts to explain the timepiece was misplaced and eventually found.

Hallucinations can cause older adults to see, hear, smell, or feel things that aren't there. For example, they may imagine an intruder walking around the room at night or lurking outside their window.



**MARK WANG**  
VISTING  
ANGELS

541-928-2061

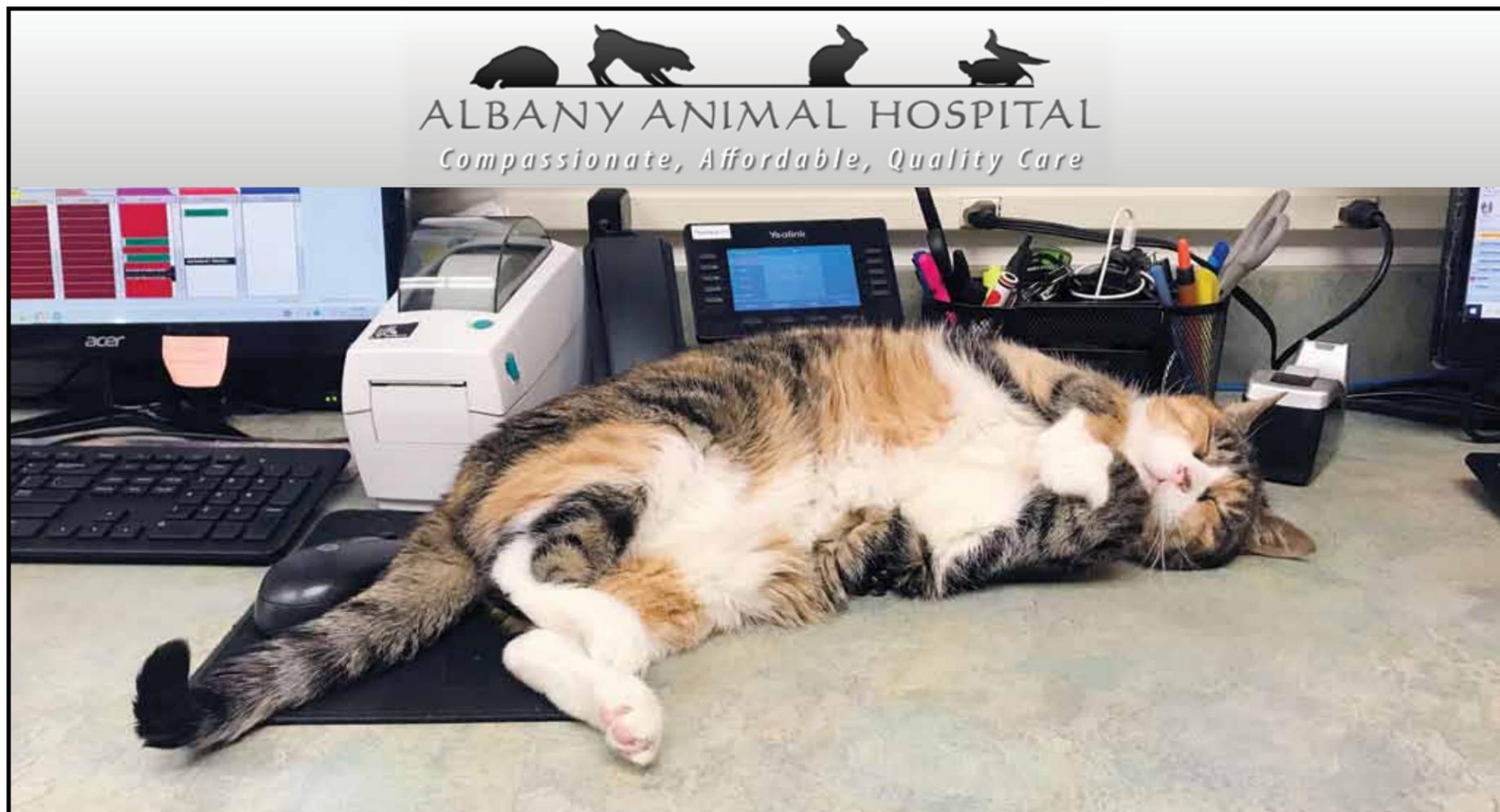
### WHAT CAUSES PARANOIA IN THE ELDERLY?

Paranoia may be related to an underlying problem, such as:

- Dementia, including Alzheimer's Disease
- Brain tumors
- Brain damage caused by stroke or injury
- Medication side effects
- Psychiatric conditions
- Dehydration or heat-related illness
- Psychiatric conditions
- Untreated urinary tract infections
- Social isolation

If you suspect your loved one is experiencing any paranoia due to any of the issues listed above, consult your family doctor immediately.

**Paranoia** continued on page 10



## We're not napping, but...

Albany Animal Hospital is switching patient medical records to electronic medical records and things may be a little bit delayed for us to respond to request. The hospital will be closed on 3/31/23 for a training day for all the staff to get up to speed on the software. The change goes into effect 4/3/2023. We'll be seeing you soon!

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## Our Constant Companion

True friends are those that stick with you through thick and thin. I have been blessed in my life to have close friends that have walked with me through the victories and the sorrows. They know my heart, my habits, and my strengths. They also know my weaknesses and yet still love me. Anne Graham Lotz in her book *Jesus in Me* writes about a friend that is reliable and faithful. Anne makes this introduction statement, "In the midst of Life's changes and losses, we each need a friend-confidant. Someone who will come alongside us and share every step of our journey. Someone who will listen to us, advocate for us, and comfort us. Someone we can trust." When we ask Jesus to be our Lord and Savior, we are given the Holy Spirit. Anne goes on to say, "One of my deepest, richest joys has been discovering by experience who the Holy Spirit is in every step



**KEVIN FERGUSON,**  
WILLAMETTE VALLEY CHRISTIAN SUPPLY  
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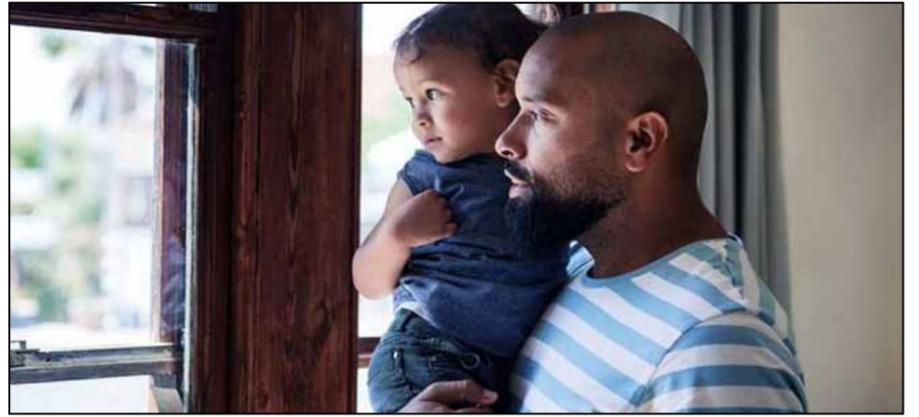
of my life's journey." The Holy Spirit has been described as our Comforter, Advocate, Intercessor in prayer, Strengthener, and Counselor. Anne has written a wonderful book that will share the wonderful reality of having the Holy Spirit in our lives.

**"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."** John 14:26

May God bless you as you pursue knowing the Holy Spirit more intimately in your own life.

*In Christ,*  
Kevin Ferguson  
Willamette Valley Christian Supply

## Window Safety Week



Each April, this space is dedicated to Window Safety Week, which is observed during the first week of April. It's designed to heighten awareness for parents and caregivers, to prevent falls from windows, and help them understand the role windows play in fire safety. With warmer weather ahead, here are a few suggestions to keep your children and guests safe.



**BRYAN SMITH,**  
SMITH GLASS  
541-926-4446

Window screens are designed to keep insects out rather than hold a child's weight and prevent them from falling. Children should not be left unattended around open windows, with or without window screens. Avoid placing furniture under windows that might allow a child to climb and potentially fall from an open window. You might consider purchasing window opening control devices from the window manufacturer, which are designed to limit how far a window can open but have a release to allow for escape in case of emergency. Finally, planting shrubs or grass beneath a window will lessen the

impact if a fall does occur. If you have wood windows, make sure they are not painted shut. While doors are the primary exit during a fire, windows are considered a secondary exit. Make sure they open properly in case of an emergency and be sure to train your children how to escape from a window if needed. Installing window air conditioners is common during warmer months, but keep in mind these windows may be needed for escape in case of a fire. Always be sure that you have at least one window in each bedroom that meets local codes for escape and rescue.

As summer weather approaches, it's a great idea to look at your upper floor windows to prevent any falls. While you're at it, consider how you might escape so you'll be prepared in case of an emergency. For more information, contact Smith Glass in Albany or Corvallis. Or visit them at [www.smith-glass.com](http://www.smith-glass.com).

Paranoia continued from page 9

### WHAT TO DO IF A LOVED ONE EXPERIENCES PARANOIA

When symptoms strike at home, take the following steps to help your senior feel safe and secure:

- Acknowledge Their Experience: Don't deny what they claim to see, hear, or feel, because it is real — and possibly very frightening — to them. Gently acknowledge their experience by saying, "I know you see/hear/feel/smell that, and it's OK."
- Provide Reassurance: Let them know they are safe, especially if they are feeling scared.
- Avoid Escalating the Situation: Try not to overreact during a disagreement, even if they are accusing you of something that is not true. An argument could cause your senior to become increasingly agitated or upset.
- Redirect: Try to redirect their attention to something pleasant, such as a new topic of conversation, music, or activity.

Always discuss any possible signs or symptoms with a medical professional.

## Introducing Brady

Hello, I'm Brady! I know I'm not super little anymore, but I'm still a super cute and sweet puppy. Besides, adopting a little bit of an older puppy comes with its advantages:

1. I appreciate the small things like love, a bed, and treats more.
2. I will be out of the "puppy stage" sooner and everyone knows that can be a lot of work.
3. I have started to work on leash training and potty training.

While I'm cheering on all the animals here to find their forever homes, don't pass up us teenage puppies! We have a lot of love and will make amazing companions for years to come! Ask a staff member to meet me today!

Stop by to see this sweet boy any day of the week at the shelter. We have meet & greet rooms, as well as yards, available for you to spend some quality time getting to know him. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!



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## Grilling Cylinder Safety



Read and follow all the grill manufacturer’s instructions before turning on and lighting the grill. Keep the top open when lighting a propane grill, and don’t close it until you are sure the grill is lit. Turn off the burner control and close the cylinder valve. When a grill is not in use for extended periods of time, cover disconnected hose-end fittings with plastic bags or protective caps to keep them clean.

Properly transport and store gas cylinders. When refilling or replacing a propane cylinder, transport in a secure, upright (vertical) position in a well-ventilated area in your vehicle, and take it home immediately. Always use or store cylinders in a secure and upright position outdoors (not in a garage or shed).

### DO’S AND DON’TS OF PROPANE CYLINDER SAFETY

#### Do

- Follow the grill manufacturer’s instructions and keep written materials handy.
- If the igniter no longer works, replace it in accordance with the grill manufacturer’s instructions.
- Keep the top of the grill open until you are sure it is lit, even if you have an electronic ignition.

- Cover disconnected hose-end fittings with plastic bags or protective caps to keep a grill clean when it is not in use.
- Store propane cylinders outdoors in an upright (vertical) position.
- If you smell gas, and it is safe to do so, turn off the cylinder valve, turning it to the right (clockwise). If you are unable to turn off the valve, immediately leave the area and dial 911 or call your local fire department. Before you use the grill again, have a qualified service technician inspect your grill and cylinder.
- Consult a qualified service technician if you are having grill or propane cylinder problems.

#### Don’t

- Smoke while handling a propane cylinder.
- Use matches or lighters to check for propane leaks.
- Pour an accelerant such as lighter fluid or gasoline on the grill.
- Allow children to tamper with the cylinder or grill.
- Use, store, or transport propane cylinders near high temperatures (this includes storing spare cylinders near the grill).

## A Spring List

Just the tiniest bit of sunshine coaxes out green buds and the spring color of Daffodils, Iris, Crocus and the like as they take in nourishment and make life new again. The birds take notice and flit about with what, at least to this human observer, passes for bliss.

Spring also brings on the need to reckon with a new set of garden activities. You may, or may not, remember we talked about Sweet Peas last year. Well, now is the time to plant them. We may yet have a mild frost and that’s what they require for best production. This is also a great time to plant seeds indoors for colorful summer bloomers such as Lavender so that you can have hardy starts to put out next month.

Lavender is a favorite of mine. It is an aromatic tonic and stimulant but is also used as a calmativ, which is the reason why you see it in so many of the natural products that claim to soothe and relax. There are several varieties that have a strong fragrant aroma and are used in perfumes, while others have the same strong aroma but are used to make oil of Spike which has no medicinal properties but is of great value in the preparation

of artistical varnishes and is prized by porcelain painters. It is also used extensively in French wine making and will often be the source of the “fruity back note” identified by wine experts. Ask your nursery for the varieties most suited to the Mid Valley. Lavender grows best in dry soil like that of Southern Europe, but here in the valley it works well in areas that don’t get watered often. It does not like to be in where there is standing water because the roots will rot and kill the plant.

Lavender grows to about two feet tall and should be set at least a foot apart to prevent disease. The blossoms can be harvested for use as odor catchers and will provide a clean smelling fragrance wherever they’re used.

I once had a plant that grew to about three feet tall and four feet wide and bloomed all summer. It provided me with much enjoyment and was the centerpiece of my garden for several years. To this day I wish I could figure out why that particular plant was so robust because I haven’t been able to replicate it since. Plant Lavender indoors now in growing mediums for late spring transplanting . Lavender provides high color in any garden and is a big favorite of the bees.



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